

# Here's 100+ Questions to Ponder Over When You're Feeling a Little Lost Workbook

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LIVING MOXIE

<http://dawnbarclay.com>

# 100+ Questions and Journal Prompts to Help You Feel Less 'Lost'

*What would you have me know?*

*Where would you have me go?*

*What would you have me say?*

*Who would you have me say it to?*

To get the most from the questions and prompts can I recommend you do the following:

1#: Print these pages out.

2#: Find an hour or two to complete.

3#: Create your perfect 'thinking' environment for you. Silence or music. In bed or in a coffee shop. You know you best.

#4: Read them all first. Then go back to the start and complete.

#5: Keep adding to the likes and dislikes sheet.

#6: Don't edit.

#7: Review in a month.

This little workbook accompanies this blog post: <http://dawnbarclay.com/feeling-lost-find-me-again>

Let me know how you get on,

Lots of love,

Dawn Barclay

Can you give this away and send it to others? Of course, all I ask is you don't edit or remove links.

# WHAT DO YOU REALLY MEAN?

**Question:** Feeling lost? What do you specifically mean? What does lost feel like to you? What does it look like?

**Question:** If feeling lost is a separation, what do you feel apart from?

**Question:** how long have you felt lost? Previously?

**Question:** was there a defining moment you are aware of?

**Question:** if you 'found' yourself, what would be happening that isn't happening now? What would have stopped? What was first step did you take? What does 'feeling found' look like to you?

# LOVE LIST

Use the space below to write down what YOU love. It can be anything you like. Make sure it's something **you** love, and not something you agreed to liking because someone else loved it. Nothing has any value apart from the value we give it, however put that aside for now. This exercise is about you standing your shoes and owning your words.

# DON'T LIKE IT

Use the space below to write down what you don't like. Places, behaviours, things that annoy you, foods. Again, it's not a 'hatred campaign' it's about you owning your own words.

# 100 PROMPTS/QUESTIONS

1. What am I doing when I feel utterly fulfilled?
2. What do I really want?
3. What am I doing when I am happy?
4. How many ways am I [living my core values](#)?
5. What do I feel I am separated from?
6. When did you last break, bend or move the rules without harming another?
7. Why did you have to take that action at #6?

8. What does a wasted day feel like to me?

9. What does a day lived fully feel like to me?

10. What is my definition of a perfect day?

11. What did I do before Facebook?

12. When did I last feel positively powerful?

13. Where in my life do I feel powerless?

14. What do I need to change to feel in more in control?

15. When does #14 need done by?

16. Where have I left choices to another?

17. Where have I left decisions to another?

18. Why do I get up every day?

19. Where do I spend too long in the past?

20. What do I do that requires no struggle to get done?

21. What drives me?

22. What lifts my energy?

23. What depletes it?

24. What am doing when I feel most alive?

25. What would I be doing if no barrier was in the way?

26. What do I deny myself?

27. Where do I still punish myself?

28. When have I felt most in the flow?

29. If I suddenly came into 5 million pounds, what would I do with it?

30. If I suddenly came into 1 million pounds, what would I do with it?

31. If I suddenly came into 10,000 pounds, what would I do with it?

32. If I suddenly came into £1 pound, what would I do with it?

33. Where does the money not matter?

34. What has been an on-going passion in my life?

35. What inspires me?

36. Who inspires me?

37. What don't I understand?

38. What upsets me?

39. What am I scared about?

40. What do I worry about?

41. What do I about that I cannot change?

42. How do I feel about change?

43. How does that feeling at #42 impact my life?

44. What frustrates me?

45. What makes me angry?

46. What do people thank me for?

47. What have I got to share with the world?

48. What will happen if I keep #47 myself?

49. What could happen if I share #47?

50. What do I like to do?

51. What do I put off doing because I don't like it?

52. How do I want to feel every day?

53. What can I do to feel that now?

54. What do I love to do?

55. What could I spend every moment doing?

56. Where do I spend most of my time?

57. How do I feel when I doing something I don't like?

58. What would life be like if I was always doing #54?

59. Who have I delegated my life choices to?

60. What makes me take want to back the reigns?

61. How would I feel if people made all my decisions and choices for me?

62. What do I get offended about?

63. What would happen if I saw no offense?

- 64. What do I think I am here to do?
- 65. What have I still to learn?
- 66. What is urgent to learn soon?
- 67. Where will I go to learn it?
- 68. How do I choose my teachers?
- 69. When I feel valuable and useful what am I doing?
- 70. How do I know #69 is useful?

71. How would I like to be remembered?

72. What difference would it make?

73. If I had to describe my life in 10 words they would be...

74. If I am not happy with those words at #73, I would want change them to be:

75. If I could see into forever, who am I?

76. Where did I give parts of myself up?

77. Who did I give them over to?

78. When have I people pleased?

79. What was the result of #78?

80. What resources do I have that will help me navigate the next stage of my life positively?

81. If I did know the path I wanted to take, what would I see?

82. What dreams have given up, but still they haunt me?

83. What does #82 teach me about tomorrow?

84. Who is in my future?

85. What do I crave?

86. Why do I crave it?

87. Where have I to go?

88. What have I to say?

89. Who have I to say it to?

90. What have I to do?

91. What are my favourite, simplest pleasures?

92. When do I feel blissful? Joyful?

93. What do I intend for the next Act of my life?

94. Where is my silence?

95. What always has my attention?

96. What would my shore feel like?

97. What does feeling found feel like?

98. And look like?

99. Where have I sought to know who I am, where next?

100. Who am I? Not the name, or the roles. Who am I to me?

## Lastly...

I hope this was useful to you.

If you would like to connect further come and play on [Facebook](#), or reach out on [Twitter](#).

There are resources available at the website:

<http://dawnbarclay.com/resources/freeresources>

Including:

Core Values Workbook

Balance Wheel

A Confidence Course.

Come over and take a look.

If you want more consider diving both feet into one of the [courses](#) available.

Dawn Barclay